Lunch Meal Pattern SY 2013-14 (4-Day)

Serve Only:
- Must PREPARE all 5 components in required amounts
- AT POS: Must SERVE all 5 components in minimum required amount

Offer Versus Serve (OVS):
- Must PREPARE all 5 components in required amounts

AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable

Component Specifications: Daily and Weekly Amount Based on the Average for a 4-day week

	Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2 (½)			4 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count as a component at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	3 (¾)			4 (1)	
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count as a component at POS	½			½	

Vegetable Subgroups (cups)	Weekly amounts to offer per child			
Dark green	½	½	No maximum for any subgroup
Red/Orange	¾	1 ¼	
Beans/Peas (legumes)	½	½	Minimum creditable amount to count as a subgroup is 1/8 cup
Starchy	½	½	
Other	½	¾	
To meet weekly requirement, vegetables from ANY subgroup	¼	½	

		K-5	6-8	K-8	9-12	Additional Information
Grains (oz/eq.)	Weekly (daily) amounts *Weekly maximum flexibility for SY13-14*	6.5-7* (1)	6.5-8* (1)	6.5-7* (1)	8-9.5* (2)	50% of grains offered must be whole grain rich. Must count breading toward grain oz/eq. Weekly, no more than 2 oz/eq. grain based dessert
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/Meat Alternates (oz/eq.)	Weekly (daily) amounts *Weekly maximum flexibility for SY13-14*	6.5-8* (1)	7-8* (1)	7-8* (1)	8-9.5* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	4 (1)				Must offer two varieties daily

Dietary Specifications: Weekly Average Requirement for a 4-day week					
Grades	**K-5**	**6-8**	**K-8**	**9-12**	**Additional information**
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
Sodium (mg) 2013-14 only	1100-1300	1200-1400	1200-1300	1500-1700	Arizona requirement, 2mg/kcal
Sodium (mg) 2014-15	$\leq$ *1230*	$\leq$ *1360*	$\leq$ *1230*	$\leq$ *1420*	See implementation timeline for SY2017-2023
Saturated fat (% of calories)	$\leq$ **10**				
Dietary Specifications: Daily Requirement for a 4-day week					
Grades	**K-5**	**6-8**	**K-8**	**9-12**	
Trans fat	**Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving**				